Welcome to the month of November! This month’s character education theme is citizenship. Our focus and teaching are the characteristics of citizenship. A good citizen takes responsibility for helping at home, in school, and in our community to be a good place for everyone. Be sure to look for these characteristics in your children when at home and in your neighborhood!

Heim’s No Put Down Program has begun and our students are learning skills and strategies for building character and making good choices. The program runs for 10 weeks and during morning announcements, a small group of students give an important No Put Down message that coincides with the skill of the week. Our Heim students do a great job of learning and practicing these skills and strategies. Good character, which includes positive social skills, is important to students’ academic growth. The “No Putdowns” Program includes these skills: Skill #1 – “Think About Why”, Skill #2 – “Stay Cool”, Skill #3 – “Shield Myself”, Skill #4 – “Choose a Response”, and Skill #5 – “Build Up”. These skills will consistently be reinforced throughout the school year.

On Monday, October 15th, National Unity Day, Heim students wore the designated color, orange. We had a high energy assembly program with Cris Johnson who performed magic tricks and tied the theme of No Bullying Allowed to his performance. Students are encouraged to report bullying incidents and to stand up and reach out for help if they see someone else being bullied.

The Dignity for All Students Act (DASA) was signed into law on September 13, 2010 and takes effect on July 1, 2012. The Act prohibits harassment and discrimination of students by peers and by school personnel. It covers all public elementary and secondary aged students and applies to behaviors on school property, in school buildings, on a school bus, as well as school-sponsored events or activities. All staff members in the District have been trained based on the DASA requirements for recognizing, protecting and reporting incidents. The DASA coordinators for Heim Elementary are Ms. Fultz and Mrs. Langton. Please contact either one of us should you have any concerns or wish to report an incident.

Parents, please mark your calendar, on Tuesday, November 6th, all teachers will be attending a Superintendent's Conference Day and school will not be in session. Teachers will continue their learning of the new teaching standards and core curriculum from the State Education Department.

Parent Teacher Conferences are scheduled on Thursday, November 15th in the evening, Friday, November 16th and Monday, November 19th in the afternoon. Please keep in mind that students will be dismissed at 10:30 on both Friday...

continued on Page 2

NOVEMBER
Calendar of Events
Mark these important events on your calendar at home!

Nov.  1  PTA Meeting, 6:30 p.m. in Cafeteria
  6  NO SCHOOL - Superintendent's Conference Day
 12  NO SCHOOL - Veterans Day
 14  Heimgram Deadline
 14  Student Picture Retake Day
15-19  Book Fair
15  Parent/Teacher Conferences (evening)
15  Teacher/Staff Dinner 3:30 p.m.
16  Parent/Teacher Conferences (early dismissal)
19  Parent/Teacher Conferences (early dismissal)
22-23  NO SCHOOL - Thanksgiving Recess
and Monday. The buses will leave our parking lot at 10:45 so please make arrangements for your child’s early arrival home on Friday and Monday.

Weather Alert: our Buffalo weather can be unpredictable. It is important that you turn on your television or tune into your radio each morning for any school related weather announcements. As the winter season begins, school-closing information will be broadcast on local radio and television stations. This is a good time to remember that when the Williamsville Central Schools are closed, Heim Elementary is closed. The district school calendar has specific information regarding school closings; however, if we would have to close school during the day, it is important to have an emergency plan for your child. Please review your home plan with your child.

Reminder: Thanksgiving Recess is Thursday, November 22nd – Friday, November 23rd.

Enjoy this special time with family and friends. Have a wonderful month!

Patricia Langton

A Message from Your PTA Co-Presidents

October was a busy and exciting month for the PTA. We started the month by wrapping up our first Fall fundraiser of the school year, Great American. Thank you to all of the families who participated, and a very special thank you to Susie Palmer for working so hard to ensure, once again, that this fundraiser was a huge success! We’d also like to thank Dr. Scott Martzloff, Williamsville Central School District Superintendent, and Mr. Thomas Maturski, Assistant Superintendent for Finance and Management Services, for visiting Heim Elementary to discuss the District’s vision for the future, provide an update on current initiatives and unveil the new facilities project at our first PTA meeting of the year which was held on October 4th. If you missed the meeting, a web video of the facilities presentation can be found on the district’s website: www.williamsvillek12.org.

Another big thank you to Karen Meyer who seamlessly coordinated School Picture Day on October 11th! If you ordered pictures, they’ll be coming home soon in your child’s backpack. Picture retakes for those who are interested will occur on November 14th. We’d also like to thank Alicia Kelley who organized the sale of Enjoy the City coupon books. We hope you find them to be beneficial not only during the holiday shopping season, but through the end of 2013. Please remember to return any unsold coupon books to the PTA in your child’s backpack. Last, but certainly not least, we’d like to thank Melissa Lamb and Angela Baumann who have worked tirelessly to assemble the 2012-2013 Student Directory which will be sent home soon to current PTA members. If you’re not already a member of the PTA, it’s not too late to join! Membership is just $9 for the first household member and $5 for a second household member. Just complete the membership form on page 4, and in addition to showing your support for the Heim Elementary School PTA, you will also receive a free copy of the Student Directory!

In other news, we were delighted to see such a wonderful turnout for our annual Family Movie Night on October 12th! We’d like to thank Heim Middle for allowing us to use their auditorium again this year, and we hope that your family enjoyed watching Dr. Seuss’s the Lorax! Congratulations to the winners of our basket drawings! On Monday, October 15th, Heim Elementary School kicked off its 12th year of the No Put Downs Program with an event called “No Bullies Allowed.” The children really enjoyed the program, and it was yet another successful PTA-sponsored event for your children. Thank you to Heim Elementary School social worker, Nancy Fultz, for coordinating this program.

On Thursday, November 15th, in conjunction with parent/teacher conferences, the PTA will be hosting a dinner for the Heim Elementary teachers and staff to show our appreciation for all that they do for our children! Please look for the detailed information located on page 9 of this issue of the Heimgram or contact Shannon Hoffman at 688-0123 or smtoth99@aol.com for more information. Also, don’t forget to stop by the Book Fair being held in the Multi-Purpose Room while you’re at the school for your conference. We will have a huge selection of books for sale from Scholastic. All proceeds benefit our school. Volunteers are still needed for this event. Please turn to page 7 for more details.

Finally, we are pleased to unveil our new Heim Elementary School logo! We hope that it will be a part of Heim Elementary School for years to come. Look for it in this edition of the Heimgram as well as other exciting places, including spirit wear! We look forward to seeing you at our next PTA meeting to be held on November 1st at 6:30 p.m. in the cafeteria.

Wishing your family a very happy Thanksgiving,

Karen Place & Stephanie Green

continued from page 1
## 2012-2013 PTA Executive Committee Members

**Co-Presidents:** Karen Place 639-7305  
mrskplace@yahoo.com

Stephanie Green 639-0523  
stephaniefgreen@gmail.com

**Vice President of Volunteers**

Lauren Bloomberg 636-0595  
Lorny11@hotmail.com

Janis Drayton 446-3901  
janisdrayton@yahoo.com

**Vice President of Membership**

Jamie Potash 688-8704  
Jamie_Shear@hotmail.com

Allison Mazzone 691-3892  
Amazz98@aol.com

**Recording Secretary:**

Jessica Fuszara 580-3313  
jdcrew@hotmail.com

**Corresponding Secretary:**

Kate DiPasquale 688-4148  
Dipasquale.kate@gmail.com

**Treasurer:**

Susie Palmer 691-7580  
M_susan_palmer@hotmail.com

**District Council Representative:**

Angela Wilding 689-4902  
angwilding@hotmail.com

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**PTA Meeting Schedule**

PTA meetings are a great way to get involved or hear about what’s happening at Heim Elementary and throughout the district. Our PTA Executive Committee, along with our school principal, Mrs. Langton, and a Williamsville School Board representative are at each meeting.

Come and let your voice be heard. We welcome new ideas, suggestions and constructive feedback at every meeting. This year’s PTA General Membership meeting dates are:

- Thursday, November 1, 2012
- Wednesday, January 9, 2013
- Monday, February 11, 2013
- Wednesday, March 13, 2013
- Thursday April 11, 2013
- Wednesday, May 8, 2013
- Final Meeting, Nominations for new Executive Board Members
- Wednesday, June 12, 2013
- Installation Night

**ALL MEETINGS ARE HELD IN THE CAFETERIA AND BEGIN PROMPTLY AT 6:30**

Can’t make the PTA meeting? Have a question or suggestion? Please remember that our suggestion box is located in the foyer in front of the school on a shelf next to the Labels for Education Box, Box Tops for Education Box and the Dash’s Receipts Box.

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**Hero’s Character Corner**

**November – Citizenship**

A good citizen is someone who respects others and their property.

A good citizen is helpful and considerate, willing to help others.

A good citizen works hard, is well mannered and kind.

A good citizen takes responsibility for helping at home, in school, and in our community to be a good place for everyone.

*From Heim’s Shared Decision Making Team*
Heim Elementary PTA Membership Form

The Heim Elementary PTA would like to invite all new and returning families to join or renew your annual membership today! Our PTA offers an assortment of programs and events for students and families throughout the school year. Your membership contribution provides additional programs to our children such as:

- Field Trips
- School Supply Packs
- Winter Carnival
- Heimgram
- Book Fairs
- Ice Cream Social
- Field Day
- Heim Directory
- PARP
- Mother’s Day Plant Sale
- Fall & Spring Pictures
- Boo Hoo Breakfast
- Author Visits
- Spirit Wear
- Teacher/Staff/Bus driver
- Year End Picnics
- Univera Taste Testing
- Family Movie Night
- Guest Speakers
- Appreciation Week
- 4th Grade T-Shirts
- Guest Luncheons
- Reflections Program
- Art Show
- Service to Youth Awards
- Library Volunteers
- Enjoy the City Books
- Niagara Chocolates
- Yearbook
- Student Holiday Parties
- The Heim Elementary PTA is comprised of parents, teachers, staff, community members, and others who promote and support the academic, social, and personal growth of our children. We welcome your presence at our meetings and your volunteer support. Although a time commitment is not always possible, your membership contribution goes a long way in financially supporting programs/events for our students. **There will be a classroom party for each grade’s class that submits the most PTA memberships by October 19th.** Please show your support by joining today!

By completing a membership form you will receive a Heim student directory (per household) as a way of thanking you for your support!

Heim Elementary PTA Membership Form

**Annual membership dues are $9.00 for the first member you enroll and only $5.00 for each additional member. Please make check payable to Heim Elementary PTA and enclose the form and payment in an envelope marked PTA Membership and return with your child to school.**

Please print

Name(s): Mrs./Ms. ____________________________ Mr. __________________________

Name(s): Other (Relationship): __________________________ Other (Relationship): __________________________

Address: ___________________________________________ Zip Code: ______________

Phone Number: ____________________________ *Email: ____________________________

Number of Members/Cards: ___________________________ Total Due: ___________________________

Yes___No___ The Heim Elementary PTA can use my email to contact me about important PTA news, events and updates via the PTA website www.heim.my-pta.org.

Child’s Full Name: ___________________________ Teacher’s Name: ___________________________ Grade: ___________________________

Please contact Jamie Potash (jamie_shear@hotmail.com) or Allison Mazzone (amazz98@aol.com) with any questions.

THANK YOU FOR YOUR CONTINUED SUPPORT!

Membership Card # ___________________________ Initials: ______________ Check No. __________ Date __________________ Amount $ _______

Heimgram 4

November 2012
Are You A PTA Member?

Would You Like A Student Directory? It is not too late to show your support for the PTA and all the wonderful things it does for our children, school and community. You will receive the Heim Elementary Student Directory and be added to our email list (if you desire) to keep you current on all of the happenings at school! Our membership form can be found on the web. Go to heim.my-pta.org. Contact Jamie Potash, 688-8704 or Allison Mazzone, 691-3892 with any questions.

PTA Chairs and Volunteers needed!

We are still in need of chair people for the 2012-2013 school year. Please consider joining in on the fun, or perhaps volunteer some time, to help make these chair positions run smoother. We can’t do what we do without great people like you. You can dream up ways to either improve each activity or keep it running well. Whatever your talents are, we’re sure they can be used well. Please consider getting involved in any of the following positions. Some just take a one-time effort; others take a little effort throughout the year. The PTA executive committee as well as past chair people, are all willing to help you make a success of whatever you choose. No matter what position you choose, you will find it to be a rewarding experience. Below are the open positions for the 2012-2013 Chair Persons:

**Spring School Pictures**
One person to co-chair

**Kindergarten Registration**
One person to co-chair

**Bike Rodeo**
One person to co-chair

If you are willing to chair any of these events for the school year 2012-2013, please fill in the information below and return it to school with your child, ATTN: VP of Volunteers, Lauren Bloomberg and/or Janis Drayton. Thank you!!!

Name: ____________________________________________

Email: ____________________________________________

Phone: ____________________________________________

Event You’d Like To Chair: __________________________

Picture Retake Day

Retakes are scheduled for Wednesday, November 14th

If you would like your child’s photo retaken, please have them bring their entire photo package with them on retake day. If your child was absent, please have them bring their picture order form and payment.

Volunteers Needed!

If you are available to help between 8:30-10:45 a.m. or 10:45 - 1:00 p.m., please contact Karen Meyer at 565-9828 or karen@meyer-net.net

Also, a great big THANK YOU to the awesome volunteers who helped with picture day in October:

- Melissa Lamb
- Kelly Germond
- Candice Pack
- Michele Swick
- Terri Pierino
- Lynne Bickerton

Are You A PTA Member? Would You Like A Student Directory? It is not too late to show your support for the PTA and all the wonderful things it does for our children, school and community. You will receive the Heim Elementary Student Directory and be added to our email list (if you desire) to keep you current on all of the happenings at school! Our membership form can be found on the web. Go to heim.my-pta.org. Contact Jamie Potash, 688-8704 or Allison Mazzone, 691-3892 with any questions.

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Name: ____________________________________________

Email: ____________________________________________

Phone: ____________________________________________

Event You’d Like To Chair: __________________________
Every Reader Is a Star!

Come to our

Book Fair!

DATES · TIMES · PLACE

November 15(Thurs.), 16(Friday) and 19(Monday), 2012

Thurs: 2:00pm - 8:00pm,
Fri: 10:00am - 6:00pm,
Mon: 10:00am - 6:00pm

in the Multi-Purpose Room

All Purchases Benefit Our School! Read Every Day. Lead a Better Life.
Thank you to the following students, teachers and friends who made contributions to the Heim Elementary Library during the months of September and early October 2012. Yours books and DVDs will be enjoyed for many years to come.

Carter Beck  Matthew Hackbush  
Anna Baetzhold  Claire O’Donnell  
Mrs. Gaskill’s Class  

Please note: We no longer accept donations of VHS tapes. We are eliminating VHS tapes from the Library System.

Thank you for your generous donations. Each and every one is greatly appreciated.

Happy Birthday,  
Heim Elementary PTA!  
The Heim Elementary PTA was founded on November 28, 1966.  
PTA Vision: Making every child’s potential a reality.

Happy Birthday!

Calling all book lovers!  
We need your help!

We are looking for volunteers to help with set up, take down and selling books during the book fair. If you are interested in helping please contact Ellie Hare at jekids3@verizon.net or Lauren Bloomberg at lorny11@hotmail.com to help or fill out the form below and return it to school.

Name: _______________________  Phone:_________________  Email: ___________________________

_____ I can help with set up on Wednesday, November 14 from 6-9pm.

_____ I can help Thursday, November 15, Preview day (students preview the book fair with their teachers)  
______ 8:30-10:30AM  ____ 10:30-12:30PM  _____ 12:30-2PM

_____ I can help Thursday, November 15 after school: _____ 2-4PM  _____ 4-6PM  _____ 6-8PM

_____ I can help Friday, November 16 _____ 10-12PM  ____ 12-2PM  _____ 2-4PM  _____ 4-6PM

_____ I can help Monday, November 19  
______ 10-12PM  ____ 12-2PM  _____ 2-4PM  _____ 4-6PM

_____ I can help on Monday, November 19 for clean up/take down 6-8p.m.

All proceeds from the Book Fair benefit our school!  
It takes many volunteers in order to make this a success so please consider helping out, thank you!
Your Child Is Amazing – Our Children are Creative – Our Students are Unique!
Let’s encourage them to shine by participating in REFLECTIONS.

Reflections is a national PTA-sponsored program that encourages children to express their thoughts and feelings through the creative arts.

Every year a theme is chosen. This year’s theme is "The Magic of a Moment". Children in kindergarten through 12th grade can apply that theme to a work of art that they have created themselves in any or all of the categories below:

- Literature
- Photography
- Visual Arts
- Music Composition
- Dance Choreography
- Film or Video Production

Students can have original entries in as many categories as they like. Because there is no limit to a child’s creativity, there is also no limit to how many entries a child creates in each category.

Please read through the complete set of rules for each category that your child is entering. These rules can be found online by visiting “Your PTA” at http://NYSpta.org, and choosing “Reflections” (rules are on the right). Submissions should be labeled on their back-side with the student’s name, grade/teacher, division & category, and remember to include their Artist’s Statement.

The deadline for Heim Elementary School is Tuesday, November 13th, 2012 at 2:00 pm.

If you have any questions, please contact Reflections co-chairs Rob Rothkopf & Maia Potter by e-mail at reflections@wnyonline.com, or by phone: 716.839-2648
Parent/Teacher Conference Dinner

Your Attention Please....
Support our “SoUPER”
HEIM ELEMENTARY TEACHERS & STAFF

On Thursday, November 15th, in conjunction with parent/teacher conferences, the PTA will be hosting a dinner for the Heim Elementary “SoUPER” teachers & staff, in an effort to demonstrate a bit of our appreciation for all that they do for our children!

Assist in expressing your appreciation by making a donation of food, beverage, dessert or other supply items; please, email or phone Shannon Hoffman at (716) 688-0123 or smoth99@aol.com.

NEEDED DONATIONS:
(Blue/Red/White colors appreciated)

- Plastic tablecloths
- Ground coffee
- Lettuce, tomatoes, cucumbers
- Plastic silverware
- Granulated sugar(s)
- Salad dressing & Croutons
- Dinner & dessert plates
- Coffee creamer
- Bread / Dinner rolls
- Dinner & dessert napkins
- Individual bottled water
- Desserts (cookies/brownies/etc.)
- Styrofoam coffee cups
- Crockpot / Dutch Oven Dishes in “Soup” themes
  (i.e. Chicken Noodle, Chowder, Lentil, Pasta Fagioli, Chili, Stew, etc.)

DON’T LIKE TO COOK?:
Consider donating a small pocket of time. Volunteers are needed to assist in set-up, replenishing food, maintaining a clean room, clean up, etc. Please contact Shannon with your availability on Thursday, November 15th between the hours of 2:00 p.m. and 8:00 p.m.

DETAILS... DETAILS...DETAILS:
- Items will need to be dropped off between 2:00 and 2:30 p.m. in the teacher’s lounge on day of event.
- Items before this time can be dropped off at the main office; or, contact Shannon for an alternative.
- Dinner for teachers & staff will promptly begin at 3:30 p.m., so please ensure ALL food is on-site no later than this time.

Together, we can make a difference!

“SoUPER” Dinner Donation/Volunteer Form

Name: __________________ Phone: __________________ Email: __________________

_____ I can bring the following food and/or supplies: ____________________________

_____ I can volunteer my time between __________ & __________ p.m.

Heimgram November 2012
Heim School Store

It’s almost time to get the SCHOOL STORE up and running again, and we need volunteers to work it! NO experience necessary.

We will train you in one easy session. If you are able to be at school on Tuesday and/or Thursday mornings from 7:50 until 8:30, and can commit to ONE morning a month. WE WANT YOU!

This is a great opportunity to be involved, and its lots of fun! PLEASE contact Beth Monika at 636-1890 or Bethmonika@gmail.com or Allison Mazzone at 691-3892 or amazz98@aol.com to get details.

Thanks! We look forward to hearing from YOU!

Check Us out on the Web!
www.heim.my-pta.org

Yearbook Photos Wanted!

Help us fill the yearbook with photographs of your children and all the wonderful events that happen throughout the school year.

Please send your digital JPEG images to Karen Place at mrskplace@yahoo.com or Lauren Bloomberg at lorny11@hotmail.com or submit pictures and send them in with your child. Digital image size MUST BE 5 megapixels (2560 x 1920) or higher for quality photos to go into the yearbook. Please label all photos with the child(ren) name, and grade. If you would like your photo returned please indicate your child’s name, grade and teacher on the back of the photo.

Movie Night

The Heim Elementary PTA would like to thank everyone for coming to Family Movie Night! We would also like to thank Heim Middle School for allowing us to once again use their auditorium and our wonderful volunteers, Lauren Bloomberg, Kate DiPasquale, Allison Mazzone, Deanna Romito, Carla Van Wart, and Angela Wilding, who helped make this night a great success!

Also congratulations to our basket drawing winners, Derek Opala, Lauren Koenig, Sara Meldrum and Jahnavi Kumar.

We hope you enjoyed Dr. Seuss’s THE LORAX.

Craft Fair

37th Annual Williamsville PTSA Council Holiday Craft Show

Come join us on Saturday, December 1 and Sunday, December 2 from 10 am to 4 pm at Heim Elementary and Heim Middle Schools.

Admission is $2.00 each day (children ages 10 and under are free). There will be over 150 crafters exhibiting 100% handcrafted items each day.

Please visit our website, www.HolidayCraftShowPTSA.com, or like us on Facebook, Williamsville PTSA Holiday Craft Show for more information.

Proceeds benefit the Williamsville PTSA Council Student Scholarship Fund.

Congratulations to Mrs. Tripi’s kindergarten class for winning a Pizza Party with the Getzville Fire Company’s fireman for entering the most coloring contest entries!
**SHOW YOUR HEIM ELEMENTARY SPIRIT!**

**Place your spirit wear order in time for Spirit Day!**

Students, staff, teachers, and parents can show your support for our school by wearing a Heim Elementary spirit wear or the school colors (blue and red) on Spirit day!

**2012-2013 Spirit Days**

October 19, November 9, December 21, January 18, February 15, March 8, April 19, May 17 & June 14

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**Heim Elementary Spirit Wear Order Form**

Student’s Name: _______________________________  Total Items Ordered: _____________

Phone Number: ________________________________  Total Amount Due: ________________

Grade & Teacher: _______________________________

* Please make checks payable to **Heim Elementary School PTA**, return completed form to school with your child in an envelope marked “PTA-Spirit Wear” and allow 5-7 business days for processing.

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### Shirts (limited quantities available)

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### Other Items

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**Thank You for Your Support!**
Box Tops for Education may be found on General Mills cereals, Betty Crocker products, Trix Yogurt, Yoplait Go-Gurt, Green Giant products, Pillsbury refrigerated products, and Old El Paso products.

Earning BONUS Box Tops is easy! From time to time, Double Box Tops will be offered on selected items, so be sure to look for specially marked products when you’re doing your shopping each week. You can also receive a certificate for 50 BONUS BOX TOPS if you sign up for Tops Friendly Market’s email list. Sign up at www.topsmarkets.com/BoxTops/coordinator. For a list of Tops store locations, please visit www.topsmarkets.com. The Heim Elementary PTA gives all the Box Tops earnings to our school to pay for various programs.

Please contact Lisa Brady with any questions about Box Tops, 639-5969 or bradylm@yahoo.com.

B

Please continue to collect the receipts throughout the school year. Heim Elementary School can earn 2.5% of the total amount of the receipts.

HERE’S WHAT TO DO:

• Gather up your Dash’s receipts (Do not forget to ask friends, neighbors and relatives)
• Remove credit card information
• Batch them together (with a staple or rubber band)
• Label them with the teacher’s name and grade level
• Send them to school with your child

Please contact Jami Knapp with any questions about Dash’s receipts at 713-4348 or jamiknapp@verizon.net.

For more than 37 years Labels for Education program has supported schools across the country by providing more than $110 million in FREE merchandise in exchange for proof of purchase from various products. You can help Heim Elementary earn free merchandise such as computers, audio/visual equipment, physical education equipment, books, musical instruments and art supplies. It’s easy to pitch in. Simply look for the Labels for Education UPC codes from any of the following eligible products, trim UPC codes on the dotted line and send them into school. Help multiply our efforts by asking friends and family to save their UPC codes for you as well.

Labels for Education may be found on Campbell’s Soup, Glad, Pepperidge Farm, Swanson, Franco American, V8, Prego, Pop Secret, Pace, Post Cereals & Treats, Wolfgang Puck, Emerald Nuts, Franco American, Pepperidge Farm and Bic products.

Please contact Kim Lorimer with any questions for Labels for Education, 580-1160 or kjlorm@msn.com.
The PTA would like to thank everyone who has helped make the Enjoy the City fundraiser a success. Without your continued support, we would not be able to provide the programs and events that help enrich your children.

Have questions? Please contact E.T.C. Chairperson Alicia Kelley at akelley@realtyusa.com.

Thank you to everyone who supported our Great American Fall Fundraiser!

Pick-up of orders will be on November 7.

All funds raised by the Great American fundraiser will go toward school programs and events. You can visit the online store throughout the year at www.gafundraising.com and enter school ID# 1439298. Our school will get credit for your order.

Please contact Susie Palmer at m_susan_palmer@hotmail.com or 691-7580 if you have any questions.
November is Diabetes Awareness Month!

The statistics on diabetes are alarming and growing. The disease affects over 25.8 million children and adults in the United States—8.3% of the population. Diabetes is one of the most common diseases in school-aged children. The American Diabetes Association estimates that 2 million children (1 out of every 6) have pre-diabetes, which is a collection of risk factors that often leads to type 2 diabetes. About 1 in every 400 children and adolescents has diabetes.

Type 1 diabetes, which used to be called juvenile diabetes or insulin-dependent diabetes, is usually first diagnosed in children, teens, or young adults. In type 1 diabetes, the body’s immune system attacks and destroys beta cells in the pancreas, so that they no longer make insulin. People with type 1 diabetes must take insulin every day.

Type 2 diabetes, formerly called adult-onset diabetes or non-insulin dependent diabetes, is the most common form of diabetes. Type 2 diabetes is becoming more common in children and adolescents and has begun to mirror the childhood obesity epidemic.

Type 2 diabetes is a disorder in which the body does not make any insulin or cannot effectively use the insulin it does make. Insulin is a hormone that helps glucose (sugar) from food enter the cells where it can be used to give the body energy. Without insulin, glucose remains in the bloodstream and cannot be used for energy by the cells. Over time, having too much glucose in the blood can lead to health problems.

Risk factors for diabetes are: being overweight or obese, lack of physical activity, having a family history of diabetes, low HDL cholesterol, high blood pressure, high triglycerides, history of gestational (during pregnancy) diabetes, having a baby weighing more than 9 pounds at birth, and certain race and ethnicity.

Symptoms of diabetes include: excessive thirst, frequent urination (including bedwetting), blurred vision, tiredness or fatigue, frequent infections, slow-to-heal cuts and sores, and Acanthosis nigricans. Acanthosis nigricans (AN), which appears as darkened skin around the neck or in the armpit, is present in almost three-quarters of all children who develop type 2 diabetes. Not every child with these risk factors will develop type 2 diabetes, but parents should contact their child’s doctor if he/she experiences any of these symptoms.

The best way to lower the risk of developing type 2 diabetes is to make healthy lifestyle changes. These steps include: maintaining a healthy weight, eating a well-balanced diet, minimizing intake of trans fat and saturated fat, making physical activity a part of daily life, reducing screen time, and not smoking.

By making healthy eating and physical activity routine in your home, while limiting screen time, you can help prevent the onset of the type 2 diabetes, as well as manage its progress in those who’ve been diagnosed with it.

To learn more about diabetes, visit the following sites:

American Diabetes Association:
http://www.diabetes.org/

New York State Department of Health:
http://www.health.ny.gov/diseases/conditions/diabetes

Centers for Disease Control and Prevention:
http://www.cdc.gov/diabetes/

Cans 4 A Cure

Cans 4 A Cure, the Pollina Family and the Heim PTA would like to thank you for your continued support for the Juvenile Diabetes Research Foundation (JDRF). September/October brought in a total of $13.15 for 263 cans/bottles donated. Please continue to drop off cans/ bottles with a NYS deposit in the two bins located near the gym hallway. Let’s try to double this amount for November and watch the amount donated rise! If anyone needs a pickup for larger can/bottle donations, please contact Randi Pollina at 908-5082 or text: randi.pollina@roadrunner.com.

Thank You,
The Pollina Family

Best Thanksgiving

Thanksgiving is here, so our minds have turned To what time has taught us, to what we’ve learned: We often focus all our thought On shiny things we’ve shopped and bought; We take our pleasure in material things Forgetting the pleasure that friendship brings. If a lot of our stuff just vanished today, We’d see the foundation of each happy day Is special relationships, constant and true, And that’s when our thoughts go directly to you. We wish you a Thanksgiving you’ll never forget, Full of love and joy—your best one yet!

Heimgram

November 2012

14
SPECIAL DISTRICT VOTE
TUESDAY, DECEMBER 4, 2012
Polls open: 7 A.M. to 9 P.M.
Williamsville North High School Gym, 1595 Hopkins Rd.
Absentee ballots are available by calling the District Clerk at 626-8092.

SCHOOL IMPROVEMENT PLAN
If approved by voters, construction would begin during the summer of 2013 and end in the fall of 2015. Priority items to be addressed in this capital project were categorized into four areas; sample project work, by category, includes:

• Energy Savings: Replace heating/vent systems (East High; North High in designated areas) and replace the building cooling system at Transit Middle to better regulate temperature and air quality while maximizing energy savings

• Health & Safety: Construct new student drop-off areas at Maple West Elementary, Transit Middle, and South High schools to improve traffic flow; install up to three additional security cameras at each building; replace district-wide phone system

• Infrastructure: Replace roofs (partial, at South High and Casey Middle); renovate East High lavatories; replace pool dehumidification system at Transit Middle; upgrade district-wide technology network to meet the new state requirement for online student testing, which takes effect in 2014;

• Americans with Disabilities Act (ADA): install student lift equipment in each school lavatory; install new ADA compliant ramp access on the west side of South High

Visit the District website at www.williamsvillek12.org and click on 2012 Facilities Improvement Plan to learn about this important capital project and what it means to our schools and our community.